

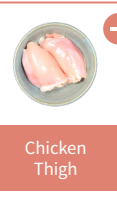
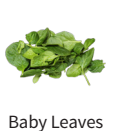
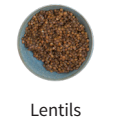
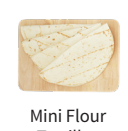
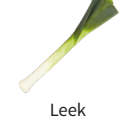
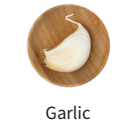


Chermoula Lentil & Roast Veggie Soup

with Garlic Tortilla Strips

Grab your meal kit with this number

7



Prep in: 25-35 mins
Ready in: 35-45 mins

Plant Based

Is there a harder working legume out there than lentils? A master of disguise, they lend a hearty bite to soups and pastas, a richness to curries and dhals, and this lip-smacking wintery dish. The result is a smokey, unctuous yet earthy winter warmer, ready to be devoured and sopped up with morsels of garlic tortilla chips.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
leek	1	2
lentils	1 packet	2 packets
plant-based butter*	20g	40g
chermoula spice blend	1 medium sachet	2 medium sachets
diced tomatoes with garlic & onion	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	1 tsp
water*	1½ cups	3 cups
mini flour tortillas	6	12
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (745Cal)	383kJ (92Cal)
Protein (g)	27.4g	3.4g
Fat, total (g)	22.2g	2.7g
- saturated (g)	10.3g	1.3g
Carbohydrate (g)	96g	11.8g
- sugars (g)	26.2g	3.2g
Sodium (mg)	2862mg	352mg
Dietary Fibre (g)	24.6g	3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **toss** to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**.



Toast the tortilla strips

- While the soup is cooking, slice **mini flour tortillas** into strips.
- In a small bowl, combine **garlic**, **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a pinch of **salt** and **pepper**.
- Spread **tortilla strips** out evenly on a second lined oven tray (don't worry if they overlap) and brush or spread with some **garlic oil**. Bake until golden, **10-12 minutes**.

TIP: If your tray is crowded, toss the tortilla strips halfway through baking.



Get prepped

- Meanwhile, finely chop **garlic** and **celery**.
- Thinly slice **leek**.
- Drain and rinse **lentils**.



Finish the soup

- Add **roasted veggies** and **baby leaves** to the **soup** and cook until wilted, **1-2 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **leek** until tender, **3-4 minutes**.
- Add **plant-based butter** and **chermoula spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add **lentils**, **diced tomatoes with garlic & onion**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and the **water**.
- Bring to the boil, then reduce heat to medium and simmer, **5-6 minutes**.



Serve up

- Roughly chop **parsley**.
- Divide chermoula lentil and roast veggie soup between bowls.
- Garnish with parsley and serve with garlic tortilla strips. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

